Cuisinart®

INSTRUCTION AND RECIPE BOOKLET

SmartPower Premier™ 600-Watt Blender

CBT-500 Series

For your safety and continued enjoyment of this product, always read the instruction book carefully before using.

IMPORTANT SAFEGUARDS

When using an electrical appliance, basic safety precautions should always be followed, including the following:

1. **READ ALL INSTRUCTIONS BEFORE USING.**
2. To protect against the risk of electrical shock, do not put motor base of blender in water or other liquid.
3. Close supervision is necessary when any appliance is used by or near children.
4. Unplug from outlet when not in use, before putting on or taking off parts, and before cleaning or removing contents from blender jar. **Never put hands into the blender jar or container, or handle the blades with appliance plugged in.**
5. Avoid contact with moving parts.
6. Do not operate any appliance with a damaged cord or plug or after the appliance malfunctions, or is dropped or damaged in any manner. Return appliance to nearest Cuisinart service facility for examination, repair, and/or mechanical or electrical adjustment.
7. The use of attachments, including canning or ordinary jars, not recommended or sold by Cuisinart may cause fire, electrical shock, or risk of injury to persons.
8. Do not use outdoors.
9. Do not let cord hang over edge of counter or table or touch hot surfaces.
10. **Keep hands and utensils out of jar while blending, to reduce the risk of severe injury to persons or damage to blender itself.** A rubber or plastic spatula may be used but must be used only when the blender is turned OFF.
11. When blender is in ON mode, and LED lights are flashing, do not touch cutting assembly, interfere with blade movement, or remove blender jar cover. Accidentally touching a speed button may activate the blender.
12. **BLADES ARE SHARP. HANDLE CAREFULLY.**
13. To reduce the risk of injury, never place cutting assembly on base unless the blender jar is properly attached.
14. Always operate blender with the cover in place.
15. Never leave your blender unattended while running.
16. When blending HOT liquids, remove measured pour lid (center piece of cover) to allow steam to escape.
17. Twist on locking ring firmly. Injury can result if moving blades accidentally become exposed.
18. Do not use an extension cord with this unit. Doing so may result in fire, electrical shock, or personal injury.

    Regarding your cord set: A longer cord has been provided so that you will have flexibility in positioning your Cuisinart® SmartPower Premier™ 600 Watt Blender near an electrical outlet. Exercise care when using the longer cord, to avoid entangling or tripping over the cord. The longer cord should be arranged so that it will not drape over the counter or tabletop, where it can be pulled on by children or tripped over. Excess cord should be stored in the cord storage area at the back of the blender base to avoid injury caused by the longer cord.
19. Wash the blender jar, cutting assembly, locking ring, and cover before first use.
20. **WARNING:** TO REDUCE THE RISK OF ELECTRICAL SHOCK OR FIRE, DO NOT REMOVE THE BASE PANEL. NO USER SERVICEABLE PARTS ARE INSIDE. REPAIR SHOULD BE DONE ONLY BY AUTHORIZED PERSONNEL.
21. **WARNING:** FLASHING LIGHT INDICATES READY TO OPERATE. DO NOT TOUCH BLADES.

SAVE THESE INSTRUCTIONS FOR HOUSEHOLD USE ONLY

NOTICE:

This appliance is of the grounded type; the extension cord should be a grounded type 3-wire cord. If the plug does not fit, contact a qualified electrician. Do not modify the plug in any way.

UNPACKING INSTRUCTIONS

1. Place the gift box containing your Cuisinart® SmartPower Premier™ 600 Watt Blender on a flat, sturdy surface before unpacking.

2. Remove the instruction booklet and other printed materials from top of corrugated insert. Next remove the top corrugated insert containing the blender jar assembly. Be careful not to tip the jar when removing.

3. Remove the middle corrugated insert containing the fill cap

4. Lift the blender base from box and set aside.

To assemble the blender, follow the "Assembly" instructions in the instruction booklet. Replace all corrugated inserts in the box and save the box for repackaging.

Before using for the first time: Wash all parts according to the "Cleaning and Maintenance" section on page 6 of this booklet to remove any dust or residue.

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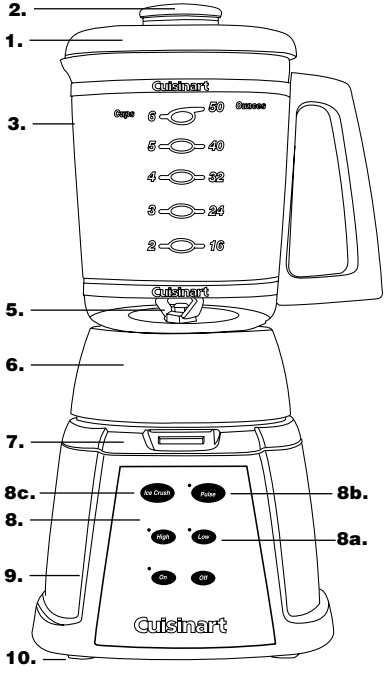
INTRODUCTION

The Cuisinart® SmartPower Premier™ 600-Watt Blender is constructed with a heavy die-cast metal base and 50-ounce glass blender jar. This dynamic new look for blending - solid, sophisticated, and elegantly commercial - is perfect for today's gourmet kitchen.

The most powerful of the SmartPower™ Blenders, it's engineered with a 600-watt motor that's more than capable of handling extra tough blending tasks, including crushing ice. The flip side of this heavy-duty blender is its versatile, precision control. A Count-Up™ Timer ensures that any recipe can be followed to the second, and a professional-quality stainless steel blade finely minces even small portions of delicate herbs or nuts. Separate Hi, Low, Pulse, and Ice Crush controls, plus LED indicator lights, offer the kind of ease of operation and control that result in the perfect blend, time after time.

A crowd pleaser, the heavy glass blender jar holds 50 ounces of tropical island drinks, luscious fruit and yogurt shakes, creamy chocolate pie filling, crepe or tempura batters...and more! If you think of something else you want to add while blending, just remove the measured pour lid insert and pour ingredients in. The blender jar has a spillproof spout, and all the removable parts are dishwasher safe. Great look. Perfect blend. Welcome to Cuisinart!

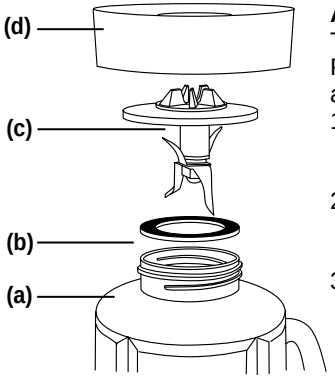
FEATURES AND BENEFITS



Note: Blades are sharp... handle carefully.

1. **Cover**
   Just press on. Tightfitting seal resists leakage.
2. **Measured Pour Lid**
   Allows you to measure and add ingredients without removing the cover.
3. **50-oz. Glass Jar**
   Has a unique, sturdy, widemouth design.
4. **Leak-proof Rubber Gasket (not shown)**
   Holds the glass jar snugly in position for safe operation.
5. **High-quality Cutting Assembly with Patented Stainless Steel Blades**
   Is strong enough for all blender tasks, including tough jobs, from ice crushing to chopping delicate herbs.
6. **Locking Ring**
   Is self-aligning so that the glass blender jar slides easily into position.
7. **Count-Up™ Timer**
   Five-minute timer times your recipes for perfect results.
8. **Push-button Controls**
   a. **High and Low Buttons**
      Choose High or Low speed to blend the ingredients to the desired consistency. Red LED lights will indicate which speed you are using.
   b. **Pulse Button**
      Allows you to pulse at High or Low speeds, so you can blend ingredients only as much as needed.
   c. **Ice Crush Button**
      Press on and begin crushing. This button is preset to the best speed for crushing ice.
9. **Heavy-duty Motor Base**
   Is so sturdy and stable, it will not "walk" on your counter – even during ice crushing!
10. **Slip-proof Feet**
    Prevent movement during use and prevent damaging marks on countertops or tables.
11. **Cord Storage (not shown)**
    Keeps countertop safe and neat by conveniently storing excess cord.

USE AND CARE



ASSEMBLY

To use your Cuisinart® SmartPower Premier™ 600-Watt Blender, begin by assembling the blender jar.

1. Turn the blender jar (a) upside down, and place it flat on a sturdy surface.
2. Position the rubber gasket (b) on the round opening on the bottom of the blender jar.
3. Turn the cutting assembly (c) upside down, and place the blade end in the blender jar opening.
   Note: Blades are sharp… handle carefully.
4. Secure the rubber gasket and cutting assembly into position by placing the smaller opening of the locking ring (d) on top of the cutting assembly. Engage threads by twisting the locking ring clockwise until tightened. Make sure locking ring is tightly fastened to blender jar. Once assembled, turn the blender jar right-side up.
5. Push the cover onto the top of the blender jar. Push the measured pour lid into the cover.
6. Place the blender jar on the motor base so that the jar markings are facing you and the handle is positioned to one side.
7. Plug in power cord. Your blender is now ready to be used.

HELPFUL REMINDERS

- Once the cover is in position, additional ingredients can be added during blending by simply lifting the measured pour lid, adding ingredients, and replacing the measured pour lid.
- Cover should always be in place while the unit is on.
- Warning: Do not place blender jar onto base while motor is running.
- Do not twist locking ring from blender jar when removing blender jar from base. Simply lift blender jar from motor base.
- Boiling liquid or solid frozen foods (with the exception of ice cubes or 1/2 inch [1.3 cm] pieces of frozen fruit) should never be placed in the blender jar.
- Do not place ice, frozen foods or very cold liquids into a blender jar which has come directly from a hot dishwasher.
- Do not place very hot liquids or foods into a blender jar which has come directly from the freezer. Boiling liquids should cool for 5 minutes before being placed in blender jar.
- Follow “Cleaning and Maintenance” instructions on page 6, prior to your first use.

OPERATION

1. Place the motor base of your Cuisinart® SmartPower Premier™ 600-Watt Blender onto a flat, sturdy surface. It is important that the surface be clean and dry. Assemble the blender by following the assembly instructions. Once the jar is assembled and is in position on the motor base, plug the Cuisinart® SmartPower Premier™ 600-Watt Blender into an electrical outlet.

2. Add all necessary ingredients to the blender jar, and replace the cover. You may add more ingredients by lifting the measured pour lid and dropping ingredients through the fill area. Replace the measured pour lid after adding ingredients. **Do not place hands into blender jar with blender plugged in.**

Note: Add liquid ingredients first, then follow with solid ingredients. This will provide more consistent blending and prevent unnecessary stress on the motor.

Note: To remove blender jar cover, lift edge of cover upwards. Lifting measured pour lid will not remove cover.

3. **TIMING YOUR RECIPES:** The SmartPower Premier™

QUICK REFERENCE GUIDE

To Activate Blender	Press (ON) - The blender is in ON mode.
To Begin Blending	Press desired speed button.
To Change Speeds	Press desired speed button.
To Pulse	In (ON) mode press (PULSE), then press and release desired speed button as needed.
To Crush Ice	In (ON) mode, press and release (ICE CRUSH) button as needed.
To Stop Blending (and Deactivate Blender)	Press (OFF) button.
To Stop Blending (in High or Low Speeds and Pause Timer)	Press (HIGH) or (LOW) button.
To Stop Blending (in PULSE or ICE CRUSH Mode)	Release button.

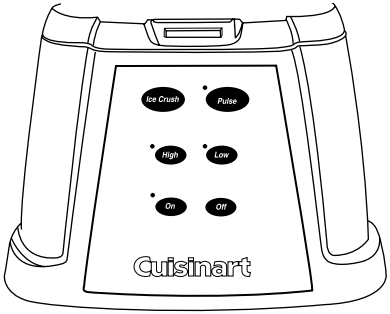
SPEED SELECTION GUIDE

Refer to this guide to choose the best speed for your desired result.

Ingredient/Recipe	Speed	Result
Reconstituting frozen juice concentrate	Low	Smooth and full-bodied
Mayonnaise	Low	Thick and creamy
Salad dressings	Low or High	Completely blended and emulsified
Nuts (shelled, 1/2 cup or less at a time)	Low Pulse to chop	Coarse to fine
Heavy or whipping cream	Low - pulse	Thick creamy topping
Bread, cookies or crackers (add 1/2" pieces, 1 cup or less at a time)	Low - pulse, then blend	Coarse to fine as desired
Grating/chopping citrus zest (add 1-2 tsp. sugar or salt from recipe)	Low - pulse/blend	Uniformly fine
Smoothies, shakes, health drinks	High	Smooth, creamy & thick
Baby food/fruit & vegetable purée	High	Smooth and creamy
Frozen cocktails	High	Thick and slushy
Hard cheeses	Low-pulse, then blend	Coarse to fine
Spices	Low or high pulse, then blend	Coarse to fine
Ice	Ice Crush, pulse or continuous	Coarse crush to snowy

600-watt Blender features a 5-minute Count-Up™ Timer, so that you can time your recipes and guarantee perfect results. The timer begins counting from 0 as soon as you push your desired speed: HIGH, LOW, PULSE or ICE CRUSH. The timer will continue to count up even if you change speeds during blending. You can pause the timer by pausing the blending process. Do this by pushing the button corresponding to the speed at which you are currently blending. For example: If you are blending in LOW speed and you push the LOW speed button, the blender will stop blending and the timer will stop counting, but the unit will remain on. To continue blending and timing your recipe, push one of the speed buttons. The timer will also stop counting when it reaches 5:00 minutes. The timer will only reset itself when the OFF button is pushed.

4. **START BLENDING**: Press the ON button. The red LED indicator light will illuminate, indicating that the blender is turned on but no speed has been selected.



5. **CHOOSE BLENDING SPEED**: Press HIGH or LOW button to determine the speed at which you would like to blend the ingredients. Both the “On” indicator light and the activated speed indicator light will glow. The blender will now be functioning at the desired speed. It is possible to switch speeds without pressing the OFF button, by simply pushing the other speed button.

Note: The Count-Up™ timer will begin counting when the desired speed button is pushed. The timer will continue to count if you change speeds.

6. **TO PAUSE OR STOP BLENDING PROCESS:**
   a. To Pause Blending Process:
   Push the button corresponding to the speed at which you are currently blending. For example: If you are blending on HIGH speed, push the HIGH speed button and the blender will stop blending, but the unit will remain on.

Note: By pausing the blending process, you will also pause the timer. The timer will pause until you start blending again.

b. To Stop Blending Process:
Push the OFF button when you are finished with your recipe and would like to turn the blender off.

Note: When you push the OFF button, the timer will stop counting and the LED display will reset to 0:00. When the blender is turned back on and a speed button is pushed, the timer will begin to count from 0:00.

7. **PULSE MODE:** The pulse mode allows you to create a burst of power for quick, efficient blending. To use the pulse function, push the ON button and the red LED indicator light will illuminate. Push the PULSE button, and the pulse LED indicator light will blink. Push and release the desired speed button. Repeat as desired. You determine the duration of each pulse. While pulsing, the LED indicator light will glow. The pulse function can be used to break apart larger pieces of food or to control the texture of food when chopping. The pulse function is also effective in starting the blending process when you do not want continuous power, or when processing items that do not require an extended amount of blending.

   Note: The timer will count when you push or hold down the PULSE button. The timer will pause when you release the PULSE button.

8. **TO CRUSH ICE:** The SmartPower Premier™ 600-Watt Blender motor is strong enough to crush ice without liquid at any speed; however for your convenience, we have preset the best speed for ice crushing. To give you greater control, the ice crush function automatically operates as a pulse function. To crush ice, place ice cubes in the blender jar. Press the ON button. The “on” indicator light will illuminate. Press the ICE CRUSH button in short pulses until ice is crushed to desired consistency. See “Recipe Tips” section on page 8 for more details.
   Note: The timer will count when you push or hold down the ICE CRUSH button. The timer will pause when you release the ICE CRUSH button.

9. **TO DISLODGE FOOD:** Use a rubber or plastic spatula to help remove food lodged around the cutting assembly. **DO NOT USE SPATULA UNTIL YOU HAVE TURNED THE BLENDER OFF.** Replace the cover and measured pour lid and continue blending, if necessary. Make sure spatula is not inside the blender jar before blending.

10. **WHEN FINISHED BLENDING:** Press the OFF button and unplug the blender from the electrical outlet. Never remove the blender jar from the motor base until the blender is off. Do not twist locking ring from blender jar when removing jar from motor base. Simply lift blender jar from motor base. **Do not place hands into blender jar with blender plugged in.**

CLEANING AND MAINTENANCE

Always unplug your Cuisinart® SmartPower Premier™ 600-Watt Blender from the electrical outlet before cleaning. The blender is made of corrosion-resistant parts which are easy to clean. Before first use and after every use, clean each part thoroughly. Periodically check all parts before reassembly. If any part is damaged or blender jar is chipped or cracked, DO NOT USE BLENDER.

Remove the blender jar from the motor base by lifting straight up and away. Twist off the locking ring by turning counterclockwise. Remove the cutting assembly and rubber gasket. Wash in warm soapy water, rinse, and dry thoroughly.

Place the locking ring in the upper rack of the dishwasher or wash in warm water.
CAUTION: Handle the cutting assembly carefully. It is SHARP and may cause injury. Do not attempt to remove blades from cutting assembly.

Remove the blender jar cover and the measured pour lid. Wash in warm, soapy water; rinse and dry thoroughly, or place in upper rack of dishwasher. The blender jar must be washed in warm, soapy water and rinsed and dried thoroughly. The blender jar can also be placed upside down in dishwasher.

Finally, wipe the motor base clean with a damp cloth to remove any residue, and dry thoroughly. Never submerge the motor base in water or other liquid, or place in a dishwasher.
Tip: You may wish to clean your blender cutting assembly as follows: Squirt a small amount of dishwashing liquid into assembled blender jar and fill halfway with warm water. Run on LOW for 15 seconds. Repeat, using clean tap water. Empty blender jar and carefully disassemble parts. Wash cutting assembly, gasket and locking ring in warm, soapy water. Rinse and dry all parts thoroughly.

DOs and DON'Ts WHEN USING YOUR BLENDER

Do:

- Make sure the electrical outlet is rated at the same voltage as that stated on the bottom of the blender motor base.
- Always use the blender on a clean, sturdy and dry surface.
- **Always add liquid ingredients to the blender jar first, then add remaining ingredients. This will ensure that ingredients are uniformly mixed.**
- Cut most foods into cubes approximately 1/2 inch (1.3 cm) to 1 inch (2.5 cm) to achieve a more uniform result. Cut all cheeses into pieces no larger than 1/2 inch (1.3 cm).
- Use the measured pour lid to measure liquid ingredients such as alcohol. Replace measured pour lid after ingredients have been added.
- Use a rubber or plastic spatula as needed, only when the blender is turned off. Never use metal utensils, as damage may occur to the blender jar or cutting assembly.
- Place cover on firmly. Always operate the blender with the cover on.
- Make sure locking ring is tightly attached to blender jar.
- Always remove locking ring, cutting assembly, and rubber gasket before cleaning.
- When scraping the blender jar with a spatula, remove the food from the sides of the blender jar and place food in the center of the blender jar, over the cutting assembly.
- When chopping fresh herbs, garlic, onion, zest, bread crumbs, nuts, spices, etc, make sure the blender jar and cutting assembly are completely dry.
- If food tends to stick to the sides of the blender jar when blending, pulse in short bursts.

- Pulses should be short bursts. Space the pulses so the blades stop rotating between pulses.

Don't:

- Don't store food or liquids in your blender jar.
- Don't place cutting assembly and locking ring onto motor base without the blender jar attached.
- Do not attempt to mash potatoes, knead heavy dough, or beat egg whites.
- Don't remove blender jar while unit is on. Keep the blender jar cover on the blender jar while blending.
- Don't twist locking ring from blender jar when removing blender jar from motor base. Simply lift blender jar from motor base.
- Don't overprocess foods. Blender will achieve most desired results in seconds, not minutes.
- Don't overload blender. If the motor stalls, turn the blender off immediately, unplug the unit, and remove a portion of the food, then continue.
- Don't use any utensil inside the blender jar while the motor is on.
- Don't use any container or accessories not recommended by Cuisinart. Doing so may result in injury.
- Don't place hands inside the blender jar when blender is plugged in.
- Don't add boiling liquids or frozen foods (except ice cubes or 1/2 inch pieces of frozen fruit) to glass blender jar. Boiling liquids should cool for 5 minutes before being placed in blender jar.

RECIPE TIPS

The simple recipes that follow include some old Cuisinart favorites as well as some creative combinations that are sure to please your friends and family. Thanks to the superior ice crushing power of the SmartPower Premier™ 600 Watt Blender, you'll also be able to make delicious frozen drinks.

Chopping Nuts: Place 1/2 cup shelled nuts in the blender jar and cover blender. Set on Low and Pulse until desired chop is achieved. Pulse fewer times for coarsely chopped nuts. For best results process small amounts, 1/2 cup or less.

Bread, Cookie or Cracker Crumbs: Break or cut bread, cookies or crackers into pieces 1/2-inch or less in size. For best bread results, use day old bread (drier bread works best). Place bread, cookie or cracker pieces in blender jar. Set on Low or High and Pulse to chop, then blend continuously until desired texture of crumbs is achieved. For best results, process 1 cup or less at a time.

Crushing Ice: Add up to 10 standard ice cubes to the blender jar. Cover. Press the Ice Crush button, using short bursts,10 times, or until cubes are the consistency of snow. Turn blender off. Pulse fewer times if coarsely chopped ice is desired.

Grating Fresh Citrus Zest: For best results, blender jar and cutting assembly must be clean and dry. Remove zest from fruit in strips using a vegetable peeler; use a sharp knife to remove the bitter white pith from the underside of the zest. Process no more than 8 strips at a time (zest of 1 medium lemon). Cut strips in half. Add strips and 1 teaspoon sugar or coarse salt (from recipe) to the blender jar. Cover blender jar. Set on Low; blend for 15 to 20 seconds. Turn blender off.

Baby Food: Combine 1/2 cup cooked vegetables, fruit or meat with 3-4 tablespoons liquid (water, milk, fruit juice, broth, or cooking liquid) in the blender jar. Set on Low or High. Blend for 15 to 20 seconds until a smooth purée is reached. Add more liquid as necessary and process further until desired texture is reached. For "junior" type foods, set on HIGH and use the Pulse function. Always consult with your pediatrician/family physician concerning the best foods for your baby and when to introduce new foods to his/her diet.

Grinding Hard Cheese: Cut cheese into 1/2-inch pieces; remove all outer hard rind. Place cheese in blender jar. Set on Low. Pulse to chop cheese, 10 to 12 times, then blend until desired grind is reached. For best results, grind no more than 3 ounces of cheese at a time.

Grinding Spices: For best results, blender jar and cutting assembly must be clean and dry. Add 1/4 - 1/2 cup of spices/seeds/peppercorns to blender jar. Set on Low or High; Pulse to break up, then blend for 20 to 40 seconds. Turn blender off.

Whipping Cream: If possible, chill blender jar and cutting assembly in refrigerator for 15 minutes. Add 1 cup heavy or whipping cream to blender jar. Cover jar. Set on Low and Pulse (1 second pulses) 20 to 30 times until cream is thickened. (Do not overblend – bits of butter will begin to form.) If desired, add 1 tablespoon sugar and 1-2

teaspoons of vanilla or other flavoring. Consistency with be that of a thickened, but not fluffy whipped cream and is most appropriate for topping desserts or coffee drinks.

When using the blender to purée hot mixtures such as creamed soups and baby foods, strain the solids from the liquid, reserving the cooking liquid. Then place the cooked solids in the blender jar along with 1/2 to 1 cup of the reserved cooking liquid. Use the Pulse function to chop, then blend until desired consistency/purée is reached.

Allow hot foods to cool slightly before blending to prevent steam buildup which may cause the lid to lift up from the blender jar.

Keep your blender out on the counter within easy reach and you will be surprised how often you will use it.

Keep ice cubes made of juices, yogurt, milk or fruit purées on hand to substitute for plain ice when making smoothies and frosty beverages to prevent diluting the drink.

For quick cleaning, add 1 cup of warm water and a drop of liquid dish soap to the blender jar. Cover and blend on Low or High for 30 seconds or more as needed. Discard the soapy water and rinse blender thoroughly before the next use.

RECIPES

SMOOTHIES, SHAKES, FRAPPÉS, FROZEN BEVERAGES

FRESH FRUIT SMOOTHIE

Layers of fresh fruit blend in just seconds to make this all-fruit smoothie.

Makes six 8-ounce servings

1/2 cup orange juice

1 cup cantaloupe, cut into 1" pieces

1 cup raspberries (fresh or frozen)

1 cup pineapple chunks (1" pieces) (fresh or canned, drained)

1 cup navel orange segments, cut into 1" pieces

1 cup strawberries, hulled and halved

1 cup mango chunks (1" pieces)

1 medium banana, cut into 1/2" slices

1 cup ice cubes (about 6 standard)

Layer the ingredients in the blender jar in the order listed. Place cover on blender jar. Set blender speed on High. Turn blender on and blend for 20 to 30 seconds until smooth. Turn blender off.

Note: The riper the fruit, the sweeter the smoothie.

Nutritional information per serving:
Calories 101 (4% from fat) • carb. 25g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 35mg • fiber 4g

FRUIT AND YOGURT SMOOTHIE

A delicious drink for "breakfast on the run."
The fruits may be varied to suit your own taste. Add more calcium by using calcium enriched orange juice.

Makes 48 ounces.

2 cups pineapple chunks

1 medium banana, cut in 1" pieces

1 cup orange juice

1 cup fat free vanilla yogurt

2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Set on High and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings):
Calories 105 (4% from fat) • carb. 25g • pro. 3g • fat 0g • sat. fat 0g • chol. 1mg • sod. 23mg • calc. 76mg • fiber 2g

TO-FRUITTI SMOOTHIES

The much-maligned tofu is a good source of protein and a nice alternative to using dairy products in smoothies. Change the fruits to suit your own taste.

Makes 48 ounces

1 cup mango chunks (1" pieces), about 12 ounces
1 medium banana, cut in 1" pieces
1 cup orange, apple or other fruit juice
1 cup soy milk/beverage
1 tablespoon vanilla extract
1 cup silken tofu, cut into 1" pieces
2 cups frozen strawberries (do not thaw)

Place all ingredients in blender jar in order listed. Set on High and blend until smooth and creamy, about 20 seconds. Serve immediately or refrigerate.

Nutritional information per serving (based on 6 servings): Calories 135 (18% from fat) • carb. 25g • pro. 5g • fat 2g • sat. fat 0g • chol. 0mg • sod. 10mg • calc. 63mg • fiber 4g

CRÈME CARAMEL SHAKE

This shake is an excellent source of calcium, making a now and then indulgence "a good thing."

Makes 4 servings

2 cups lowfat milk
2 cups "light" vanilla ice cream or frozen yogurt
3 tablespoons caramel syrup
2 teaspoons vanilla extract

Place all ingredients in blender jar in order listed; cover blender jar. Set on High. Blend until smooth, creamy and thick, about 40 to 50 seconds. Serve immediately in tall glasses with straws.

Nutritional information per serving: Calories 223 (30% from fat) • carb. 29g • pro. 9g • fat 8g • sat. fat 5g • chol. 39mg • sod. 131mg • calc. 315mg • fiber 0g

MONKEY-DOODLE SHAKE

Chocolate frozen yogurt and bananas are combined to make this creamy shake.

Makes 4 servings

2 cups lowfat milk
2 bananas, peeled, cut into 1" pieces
2 cups lowfat chocolate frozen yogurt
2 tablespoons chocolate syrup

Place all ingredients in blender jar in order listed; cover blender jar. Set on High and blend until smooth, creamy and thickened, about 40 to 50 seconds. Serve immediately in tall glasses with straws.

Nutritional information per serving: Calories 257 (18% from fat) • carb. 46g • pro. 8g • fat 5g • sat. fat 3g • chol. 19mg • sod. 95mg • calc. 216mg • fiber 2g

MOCHA FRAPPÉ

Why go out for special coffee drinks when you can prepare them easily at home in your Cuisinart® Blender.

Makes 2 servings

8 ounces espresso or double strength coffee, chilled *
1/4 cup chocolate sauce
2 tablespoons flavored syrup – vanilla, hazelnut, almond, raspberry, etc.
15 ice cubes

Place all ingredients in blender jar in order listed. Cover blender jar. Set on High and blend until smooth and slushy, about 30 to 40 seconds. Serve immediately in tall glasses. Garnish with a dollop of whipped cream if desired.

Nutritional information per serving: Calories 138 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 37mg • calc. 6mg • fiber 0g

For a Creamy Frappé, add 2 tablespoons half-and-half before blending.

* May be prepared from instant espresso powder.

FROZEN MANGO MARGARITAS

You can make Margaritas and other frozen drinks with ease with your Cuisinart® Blender – try this refreshing Mango Margarita, or use your own special recipe.

Makes 6 servings

2 cups mango cubes (fresh or frozen, partially thawed)
1/2 cup Tequila
1/3 cup Triple Sec or Cointreau
1/3 cup fresh lime juice
4 tablespoons superfine sugar
2 cups ice cubes

Place all ingredients in blender jar in order listed. Place cover on blender jar. Blend on High for 30 to 40 seconds until the mixture is smooth and slushy in texture. Turn blender off. Serve immediately.

Nutritional information per serving: Calories 158 (1% from fat) • carb. 23g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod 5mg • calc. 9mg • fiber 1g

Note: For an alcohol free "Margarita," substitute 8 ounces fruit juice, such as apricot nectar or cranberry juice, for the Tequila and Triple Sec.

FROZEN COSMOPOLITAN

Can you improve on a new classic? Of course! Try our Frozen Cosmopolitan.

Makes 8 servings.

2 cups cranberry juice

10 ounces chilled vodka (may use citrus flavored)

2 ounces lime juice

2 ounces Triple Sec or Cointreau lime twists for garnish

Pour the cranberry juice into ice cube trays and freeze until solid. Place the vodka, lime juice, Triple Sec and frozen cranberry cubes in the blender jar in order given. Set on High and blend for 25 to 30 seconds until completely slushy. Serve immediately in chilled martini or other stemmed glasses, garnished with a twist of lime.

Nutritional information per serving:
Calories 142 (1% from fat) • carb. 12g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 2mg • calc. 3mg • fiber 0g

FROZEN DAIQUIRI

A classic frozen cocktail.

Makes 4 servings

6 ounces frozen limeade

5 ounces light rum

3 cups ice cubes

Place ingredients in blender jar in order listed. Cover blender jar. Set on High. Turn on blender jar and process until smooth and slushy, about 30 to 40 seconds. Turn blender off. Serve immediately.

Nutritional analysis per serving:
Calories 92 (0% from fat) • carb. 14g • pro. 0g • fat 0g • Sat. fat 0g • chol. 0mg • sod. 2 mg calc. 2mg • fiber 0g

For Frozen Fruit Daiquiris, add 2-3 cups fruit (strawberries, peaches, melon, etc.) cut into 1" pieces. For a more pronounced fruit flavor, freeze additional fruit in cubes and use in place of ice cubes.

DIPS/SPREADS/ APPETIZERS

For best results when blending fresh herbs, the herbs, blender jar and cutting assembly must be dry and clean.

TWO PEPPER HUMMUS

This popular Middle Eastern spread is simple to make in your Cuisinart® SmartPower Premier™ 600 Watt blender - we have spiced it up just a bit. Serve with pita wedges or use as a spread for sandwiches.

Makes 2-1/2 cups

2-3 cloves garlic, peeled

2-3 dried red chile peppers, about 2" each

4 strips lemon zest, 2 x 1/2" each (zest of 1/2 lemon), bitter white pith removed, cut in 1/2" pieces

2 teaspoons ground cumin

1 teaspoon kosher salt

1 teaspoon thyme

4 tablespoons fresh lemon juice

2 tablespoons water

2 roasted red peppers (freshly roasted or from a jar), cut in 8ths

1 can (19 ounces) chick peas, drained, rinsed and drained again

2 tablespoons tahini paste

1/4 teaspoon hot sauce such as Tabasco®

1½ tablespoons extra virgin olive oil

Place the garlic cloves, chile peppers and lemon zest in the blender. Set blender on Low speed. Use Pulse button to chop, 10 pulses. Scrape the sides of the blender jar and add the cumin, salt and thyme. Blend for 10 seconds. Scrape the sides of the blender jar and add the lemon juice, water, roasted peppers, chickpeas, tahini and hot sauce in that order. Blend for 40 seconds; scrape the sides of the blender jar if necessary. Add the olive oil in a steady stream through the opening in the blender jar lid while blending for 20 seconds. Transfer the hummus to a bowl and let stand for 30 minutes before serving to allow flavors to develop. Hummus will keep covered in the refrigerator for up to a week.

Nutritional information per tablespoon:
Calories 23 (44% from fat) • carb. 2g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 34mg • calc. 8mg • fiber 1g

SUN-DRIED TOMATO, GARLIC & HERB CHEESE SPREAD

Serve with crackers, crudités, or as a sandwich spread or topping for baked potatoes.

Makes about 1-3/4 cups

3 sun-dried tomatoes (dry, not oil packed)

2 cloves garlic, peeled

1/2 cup boiling water

3 green onions, trimmed, cut into 1" pieces

1 package lowfat cream cheese, cut in 1" pieces

1/2 fat free cottage cheese

2 teaspoons herbs de Provence

Place sun-dried tomatoes and garlic cloves in a small bowl and cover with boiling water; let stand 5 minutes. Drain, reserving soaking liquid, and place tomatoes and garlic in blender jar; cover blender jar. Set on Low; Pulse to chop, 10 times. Add green onions, Pulse to chop, 10 times. Add remaining ingredients in order listed. Set blender on High. Blend for 10 to 15 seconds. Scrape blender jar as needed. Add a teaspoon or two of the reserved soaking liquid if mixture seems thick; blend for an additional 15 to 20 seconds, until mixture is smooth and creamy. Let stand 30 minutes before serving to allow flavors to develop. Place in an airtight container and cover to refrigerate. Bring to room temperature for 15 to 20 minutes before serving.

Nutritional information per serving (2 tablespoons): Calories 48 (56% from fat) • carb. 2g • pro. 3g • fat 3g • sat. fat 2g • chol. 6mg • sod. 135mg • calc. 39mg • fiber 0g

CHILLED GAZPACHO

A Cuisinart favorite, made with fresh, ripe summer tomatoes, Chilled Gazpacho is perfect on a hot, summer night.

Makes 8 servings, about 6-ounces each

1-2 cloves garlic, peeled

3 cups tomato or vegetable juice cocktail, divided

1 large rib celery, peeled, cut into 1" pieces

1 large cucumber, peeled, halved lengthwise, seeded, cut into 1" pieces

1/2 medium green bell pepper, cored, seeded, cut into 1" pieces

1/2 medium red bell pepper, cored, seeded, cut into 1" pieces

1 large jalapeño pepper, cored, seeded, cut into 1/2" pieces

6 green onions, trimmed, cut into 1/2" pieces

4 medium tomatoes, cored, seeded, cut into 1" pieces

3 tablespoons sherry vinegar or lemon juice

1/2 teaspoon kosher salt

1/4 teaspoon freshly ground black pepper

Place garlic in blender jar; cover jar. Set on Low; Pulse to chop garlic, 10 times. Add 1 cup tomato juice/vegetable juice cocktail to blender jar along with celery, cucumber, green pepper, red pepper, jalapeño pepper, and green onions. Blend on Low until vegetables are medium-finely chopped, about 5 to 10 seconds. Transfer to a large serving bowl. Add remaining tomato juice/vegetable cocktail to blender jar with fresh tomatoes.

With blender set on Low, Pulse 10 times to chop, or blend continuously if a smoother gazpacho is preferred.

Add to the bowl of vegetables with the remaining juice. Season with sherry vinegar or lemon juice, salt and pepper. Chill before serving.

Nutritional information per serving: Calories 51 (5% from fat) • carb. 11g • pro. 2g • fat 0g • sat. fat 0g • chol. 0mg • sod. 429mg • calc. 28mg • fiber 2g

CHILLED MELON AND MANGO SOUP

Sweet cantaloupe and mango combine with orange juice for this refreshing cold soup. Perfect for a summer brunch or as a refreshing, cool ending to a warm-weather meal.

Makes 8 servings

2-3 slices fresh ginger (each about the size of a quarter)

1 mango, about 12–14 ounces, peeled, seeded, cut into 1" pieces

1 cantaloupe, about 3 pounds, peeled, seeded, cut into 1" pieces

1/2-1 cup orange juice

Place ginger, mango, melon and 1/2 cup orange juice in the blender jar; cover. Set on Low and blend until smooth, about 20 to 30 seconds. Add as much remaining orange juice as necessary to adjust consistency to that of a thick soup. Chill completely before serving. May be garnished with fresh raspberries or blueberries and a sprig of mint.

Nutritional information per serving: Calories 68 (2% from fat) • carb. 17g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 14mg • calc. 17mg • fiber 1g

CREAM OF ASPARAGUS SOUP

Make this soup in the spring when asparagus is at its most flavorful.

Makes eight 6-ounce servings

3/4 cup Italian parsley leaves, washed and dried

3 tablespoons unsalted butter

2/3 cup chopped onion or leek

1 pound asparagus, trimmed, cut into 1" pieces

3 cups fat free, low-sodium chicken or vegetable stock or broth

1 cup half-and-half

1 tablespoon cornstarch

1½ cups cold water

1 teaspoon kosher salt

1/2 teaspoon white pepper

Place the parsley in the blender jar. Place cover on blender jar. Set blender on Low and Pulse until coarsely chopped, about 4 to 5 times. Remove and reserve.

Melt the butter in a medium Cuisinart® saucepan over medium heat. Add onion and cook until soft but not brown, about 2 to 3 minutes. Add asparagus, stock, and all but 1 tablespoon of the reserved parsley. Cover and bring to a boil over medium-high heat. Reduce heat to low and simmer, partially covered, until asparagus is tender, about 10 to 12 minutes.

Pour the soup through a strainer, reserving the solids and liquids. Allow to cool 5 minutes. Place the solids in the blender jar with 1 cup of the cooking liquid; return the remaining liquid to the saucepan. Cover blender jar and set on Low. Turn blender on and blend until creamy and smooth, about 25 to 30 seconds. Turn blender off. Returned puréed vegetable mixture to the saucepan and stir to combine. Stir in half-and-half. Stir cornstarch into water, and add to soup. Add salt and pepper. Cook, stirring often, over medium heat, until soup thickens, about 6 to 8 minutes. Do not allow to boil. Taste and adjust seasonings as needed. Serve in warmed bowls garnished with the remaining parsley.

Nutritional information per serving:
Calories 98 (59% from fat) • carb. 7g • pro. 4g • fat 7g • sat. fat 4g • chol. 19mg • sod. 510g • calc. 56mg • fiber 2g

CREAMY POTATO LEEK SOUP

This versatile soup may be served hot or chilled.

Makes six servings

2 medium leeks, white and tender green only, sliced horizontally and cut into 1/2" pieces

1 tablespoon unsalted butter

1 small (3-4 ounce) onion, peeled and cut into 1/2" pieces

1/4 teaspoon thyme

2 medium russet potatoes (about 3/4 pound total), peeled, cut into 1" slices

1½ cups fat free, low-sodium chicken stock or broth

3/4 cup water

1 teaspoon kosher salt

1/2 teaspoon white pepper

3/4 cup half-and-half

Place leeks in a medium bowl and add cold water. Swirl, then let stand for minutes. Lift leeks from the water without disturbing the sand/sediment collected in the bowl; allow to drain completely.

Melt butter in a large Cuisinart® saucepan over medium heat. Add the drained leeks, onion, and thyme. Let cook until softened, 3 to 5 minutes. Add potatoes, stock, and water; cover and bring to a boil over medium high heat. Reduce heat to low, and simmer, uncovered, until potatoes are soft, about 10 to 15 minutes.

Drain vegetables, reserving cooking liquid. Place vegetables in blender jar. Add 1 cup cooking liquid; return remaining cooking liquid to saucepan. Cover blender jar. Set on High. Blend 20 to 30 seconds. Scrape blender jar and blend 10 to 15 seconds longer, until completely puréed and creamy smooth. Stir vegetable purée into stock in saucepan and reheat over medium low heat. Add salt, pepper and half-and-half.

Nutritional information per serving:
Calories 132(37% from fat) • carb. 18g • pro. 3g • fat 6g • sat. fat 3g • chol. 16mg • sod. 369mg • calc. 56mg • fiber 3g

Variation: Turn this soup into Creamy Watercress Soup by adding 1 bunch watercress, washed and dried. Pick leaves and reserve. Chop stems and measure out 1½ cups. Add stems to vegetable mixture when sautéing. Follow recipe as directed.

Stir in reserved watercress leaves along with the half-and-half. Serve hot or chilled.

CREAMY TOMATO & RED PEPPER BISQUE

Creamy tomato soup that is special enough for any occasion.

Makes 8 servings

1 teaspoon unsalted butter

1 teaspoon extra virgin olive oil

1 small onion (4 ounces), peeled, cut in 1/2" pieces

1 rib celery (2 ounces), cleaned, cut in 1/2" pieces

1 carrot (2 ounces), peeled, cut in 1/2" pieces

2 tablespoons white rice

1 teaspoon basil

2 cups fat free, low-sodium chicken or vegetable stock

2 cans recipe ready diced tomatoes (15½ oz.) with juices

2 roasted red peppers, seeded

1/2 teaspoon kosher salt

1/8 teaspoon white pepper

1/2 cup half-and-half

Heat the butter and olive oil in a Cuisinart® 3¾-quart saucepan over medium low heat. Add the onion, celery, and carrot; cover loosely and cook until the vegetables are tender, 8-10 minutes. Stir in the rice, basil and oregano; cook until rice is opaque, 2 minutes. Stir in the stock and tomatoes. Raise heat and bring to a boil. Lower the heat, cover loosely and simmer over low heat for 20-25 minutes. Turn off heat and let stand for 5 minutes.

Strain the solids from the cooking liquid, reserving the cooking liquid and returning it to the saucepan. Place the solids in the blender jar. Add 1 cup of the cooking liquid to the blender jar. Set on High. Pulse 10 times to chop, then process for 30 to 40 seconds until totally smooth and creamy. Add the salt and pepper; blend 5 seconds longer. Return the blended tomato mixture to the cooking liquid in the saucepan. Heat on medium until it just begins to simmer, then add the half-and-half. Do not allow to boil. The soup may be made ahead and reheated – if making ahead, do not add half-and-half until soup is reheated.

Nutritional information per serving:
Calories 87 (28 % from fat) • carb. 13g • prot. 3g • fat 3g • sat. fat 1g • chol. 7mg • sod. 367mg • calc. 47mg • fiber 3g

PERFECT POPOVERS

Impress your guests with these deceptively simple popovers that are mixed in a matter of seconds in your Cuisinart® Blender. Our 50 ounce blender is large enough for you to increase this recipe by 50 percent to make a larger batch.

Makes 18 popovers

6 large eggs

2 cups all-purpose flour

2 cups evaporated fat free milk, not reconstituted

1/2 teaspoon kosher salt

5 tablespoons unsalted butter, melted

Preheat oven to 375°F. Thoroughly coat eighteen 1/2-cup popover, custard, or muffin cups with cooking spray or melted butter.

Place the eggs, flour, milk and salt in the blender jar in the order listed; cover blender jar. Set on Low. Blend for 10 seconds. Scrape the sides of the jar if needed. With the blender running, add the melted butter in a steady stream and blend for 10 seconds. Let batter rest for 10 to 15 minutes.

Divide the batter evenly among the prepared pans. Bake in the preheated oven until puffy and nicely browned, about 40 minutes. Use a cake tester to pierce each popover several times and bake for an additional 5 minutes. Remove from oven, loosen from pans with a thin bladed knife and gently lift out. Serve hot.

Nutritional information per popover:
Calories 126 (37% from fat) • carb. 14g • pro. 6g • fat 5g • sat. fat 3g • chol. 79mg • sod. 91mg • calc. 93mg • fiber 0g

For Pesto Popovers: add 1/2 cup prepared pesto (page 18) to the batter. Bake as directed.

RICOTTA SPINACH PIE

Somewhat like a crustless quiche, serve Ricotta Spinach Pie with Rustic Tomato Sauce for a simple supper entrée.

Makes 8 servings

1 teaspoon extra virgin olive oil

1/2 ounce Asiago cheese, cut into 1/2" cubes

1/2 slice white or wheat bread (1/2 ounce) cut into 1/2" cubes

1/2 teaspoon dry basil

4 large eggs

2 cups fresh baby spinach leaves, packed (about 2½ ounces), washed & dried

3 cups lowfat ricotta cheese

1/2 teaspoon kosher salt

1/2 teaspoon freshly ground black or white pepper

Preheat oven to 350°F. Use a pastry brush to coat a 10" deep dish pie plate with olive oil and set aside. Place Asiago cheese cubes in blender jar; cover blender jar. Set on Low and Pulse 10 to 12 times to grind the cheese. Remove and reserve. Place bread cubes in blender jar and pulse 5 to 10 times to grind; add basil and blend for 5 seconds. Remove and reserve.

Place the eggs, spinach, ricotta, reserved Asiago cheese, salt, and pepper in the blender jar. Set on Low and Pulse 10 times, then blend for 15 seconds; use a spatula to scrape the sides of the blender jar. Blend for an additional 15 to 20 seconds. Pour the blended ricotta mixture into the prepared pie plate. Sprinkle evenly with the reserved breadcrumbs. Bake in the preheated 350°F oven for 45 to 50 minutes, until the custard is set and the pie is puffed. Remove and let rest for 5 to 10 minutes. Cut into wedges to serve. Top with Rustic Tomato Sauce, page 17.

Nutritional information per serving:
Calories 182 (54% from fat) • carb. 6g • pro. 14g • fat 11g • sat. fat. 6g • chol. 136mg • sod. 254mg • calc. 291g • fiber 0g

SAUCES/DRESSINGS

RUSTIC TOMATO SAUCE

Healthy and delicious at the same time!

Makes about 8 cups

1 tablespoon extra virgin olive oil
1 onion (8 ounces), peeled and cut in 1/2" pieces
2 carrots (4 ounces), peeled and cut in 1/2" pieces
2 ribs celery, trimmed and cut in 1/2" pieces
4 cloves garlic, peeled
1 teaspoon dried oregano
1 teaspoon dried basil
4 roasted red bell peppers, cut in 1" pieces
1/2 cup dry white wine (such as vermouth)
2 tablespoons tomato paste
3 cans (15-ounce) recipe ready diced tomatoes with juices
1/2 teaspoon kosher salt
1/4 teaspoon freshly ground black pepper

In a Cuisinart® 3¾-quart saucepan, heat the olive oil over medium heat. Add the onion, carrot, celery, garlic, and basil.

Cover loosely and cook until the vegetables are softened, 6 to 8 minutes. Stir in the roasted red pepper, wine, tomato paste, and tomatoes. Bring to a boil, then reduce heat and simmer for 35 to 40 minutes, loosely covered. Uncover and simmer for 15 to 20 minutes longer to thicken. Turn off heat and let sit 5 minutes.

Strain the solids from the liquids, and return the liquid to the saucepan. Place the solids in the blender jar with 1/2 cup of the cooking liquid. Cover the blender jar. Set on Low and Pulse 10 times to chop. Use a plastic spatula to scrape the sides of the blender jar. Blend for 20 to 30 seconds, until smooth. Return the puréed tomato mixture to the liquid in the saucepan and reheat gently over medium low heat. Add salt and pepper.

Nutritional information per half cup serving:
Calories 48 (17% from fat) • carb. 8g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 194mg • calc. 26mg • fiber 2g

BASIC VINAIGRETTE

This basic vinaigrette is perfect for a crisp green salad.

Makes about 1-1/2 cups – can be doubled

1 clove garlic, peeled
2 tablespoons Dijon-style mustard
1/2 cup wine vinegar
1 teaspoon kosher salt
1/2 teaspoon freshly ground pepper
2/3 cup extra virgin olive oil
2/3 cup vegetable oil

Place the garlic in the blender jar and cover jar. Set on Low. Use the Pulse function to chop the garlic, 5 times. Add the mustard, vinegar, salt and pepper. Turn the blender on and blend for 10 to 15 seconds. With the blender running, add the oils in a slow, steady stream, taking about 20 seconds, then blend for 20 seconds longer until completely emulsified.

You may change the Basic Vinaigrette by changing the flavor of the vinegar, mustard or oil. Try using fresh lemon juice and a little honey for a honey-mustard vinaigrette.

Add fresh herbs, sun-dried tomatoes, or pesto for other flavor changes.

Nutritional information per tablespoon:
Calories 109 (97% from fat) • carb. 1g • pro. 0g • fat 12g • sat. fat 2g • chol. 0mg • sod. 86mg • calc. 1mg • fiber 0g

CRACKED PEPPER PARMESAN DRESSING

A great dressing for pasta salad.

Makes 1-1/3 cups

2 teaspoons whole black peppercorns
1 ounce Reggiano Parmesan, cut in 1/2" or smaller cubes
1 shallot, about 1 ounce, peeled, cut in 1/2" or smaller pieces
1 clove garlic, peeled and smashed
1/2 teaspoon kosher salt
1 tablespoon Dijon-style mustard
1/4 teaspoon Worcestershire sauce
2 tablespoons light mayonnaise
1/4 cup wine vinegar
1/4 cup extra virgin olive oil
1/4 cup canola or other flavorless vegetable oil

Place the whole peppercorns in the blender jar. Blend for 10 seconds. Some peppercorns will be pulverized, some will be cracked and crushed; remove and reserve. Place the Parmesan cubes in the blender jar; blend for

20 seconds; scrape sides of blender jar. Add shallot, garlic and salt. Blend for 10 seconds; scrape sides of blender jar.

Add remaining ingredients in order listed; blend for 10 seconds. Add reserved black pepper; blend for 5 seconds. Transfer dressing to a resealable container and refrigerate for 30 minutes or longer to allow flavors to develop. Keeps for one week in the refrigerator.

Nutritional analysis per tablespoon: Calories 58 (90% from fat) • carb. 1g • pro. 1g • fat 6g • sat. fat 1g • chol. 1mg • sod. 74mg • calc. 18mg • fiber 0g

JAPANESE CARROT GINGER DRESSING

This dressing is served on the iceberg lettuce salad that often accompanies Sushi. It is simple to prepare at home in your Cuisinart® Smart Power Premier™ 600 Watt Blender.

Makes about 2 cups.

4 carrots, peeled, and cut into 1/2" slices
1 piece ginger root, about 2 inches, peeled, cut in 1/2" pieces
1 shallot, peeled, cut in 4 pieces
1 clove garlic, peeled
1 teaspoon dry mustard
1/2 cup apple juice
1/3 cup rice vinegar
1/4 cup water
2 tablespoons mirin (Japanese rice wine)
1 tablespoon soy sauce
1 tablespoon Asian sesame oil

Place all ingredients in blender jar in order listed; cover blender jar. Blend on High for 30 to 40 seconds. Serve with chopped crisp lettuce.

Nutritional information per serving (2 tablespoons): Calories 26 (30% from fat) • carb. 4g • pro. 0g • fat 0g • sat. fat 0g • chol. 0mg • sod. 68mg • calc. 7mg • fiber 4g

PESTO SAUCE

Serve as a topping for hot pasta or to add flavor to dips, dressings, or other sauces.

Makes about 3/4 cup

1 ounce Parmesan cheese, cut in 1/2" cubes
1-2 cloves garlic, peeled
1/3 cup extra virgin olive oil
2 cups fresh basil leaves, loosely packed *
3 tablespoons lightly toasted pine nuts or walnuts

Place cheese cubes in blender jar; cover blender jar. Set on Low. Use Pulse to chop the cheese, 10 to 15 pulses. Remove and reserve cheese. Add garlic to blender jar; cover and Pulse to chop, 10 to 15 pulses. Add remaining ingredients in order listed, including reserved cheese. Cover blender jar; blend on High until combined, about 30 to 40 seconds. Pesto may be stored in refrigerator in an airtight container. After placing in container, smooth over top, and drizzle with additional olive oil to cover surface and keep from turning dark. Stir oil in before using.

Nutritional information per serving (1-1/2 tablespoons): Calories 116 (87% from fat) • carb. 1g • pro. 2g • fat 12g • sat. fat 2g • chol. 3mg • sod. 45mg • calc. 61mg • fiber 0g

***For Spinach Pesto:** Add 1/2 teaspoon fennel seed and 2 teaspoons dried basil when chopping the garlic. Substitute 2 cups washed and dried baby spinach leaves for the basil.

WASABI GINGER SAUCE/MARINADE

Use this versatile sauce as a marinade for meats and seafood, a dressing for salads, or a dipping sauce for potstickers, dumplings or Mongolian Hot Pot.

Makes about 2 cups

1/2 ounce fresh ginger, peeled, cut in 1/2" or smaller pieces
1 small shallot (1/2 ounce), peeled, cut in 1/2" or smaller pieces
1 clove garlic, peeled
3/4 cup mirin or rice wine*
3/4 cup low-sodium soy or tamari sauce
1/4 cup seasoned rice or wine vinegar
2 tablespoons dark molasses
2 tablespoons prepared wasabi paste*
1 tablespoon brown sugar, packed
1 tablespoon Asian sesame oil (toasted sesame oil)
2 teaspoons powdered ginger
1/2 teaspoon freshly ground black pepper

Place ginger, shallot and garlic in blender jar; cover blender jar. Set on Low; Pulse 5 times. Scrape sides of jar; Pulse 5 times. Add remaining ingredients in order given. Blend for 20 seconds. Transfer to a resealable container and let stand for 30 minutes before using to allow flavors to develop. Unused

portions may be refrigerated for up to a week; stir before using.

* Available in Asian markets or gourmet/ethnic foods section of grocery stores.

Tip: Use about 1 tablespoon of marinade per portion. Meats such as boneless, skinless chicken parts, pork chops, or steaks may be placed in a resealable freezer weight bag, coated with marinade and frozen. When thawed, they will be fully marinated and ready to cook.

Nutritional analysis per tablespoon:
Calories 22 (18% from fat) • carb. 3g • pro. 0g • fat 0g •sat. fat 0g • chol. 0mg • sod. 183mg • calc. 14mg • fiber 0g

CAJUN CREOLE SPICE BLEND

Our Cajun Creole Spice Blend is a comparable alternative to purchased spice mixtures, but much fresher and more economical. Adjust the spiciness to taste with the amount of cayenne used.

Makes about 1/2 cup

2 teaspoons coriander seed
1 teaspoon mustard seed
1/2 teaspoon celery seed
1/2 teaspoon white peppercorns
1/2 teaspoon black peppercorns
1 bay leaf, roughly broken
3 tablespoons sweet paprika
1 tablespoon kosher salt
1/2 tablespoon sugar
2 teaspoons dried minced garlic
2 teaspoons minced dry onions
1-2 teaspoons cayenne pepper, to taste
2 teaspoons dry oregano
1 teaspoon dry thyme leaves
1 teaspoon dry basil
1/2 teaspoon dry rosemary
1/2 teaspoon ground allspice

Place the coriander seed, mustard seed, celery seed, both peppercorns, and bay leaf in the blender jar. Cover jar and set on Low. Blend until seeds are finely ground, 10 to 15 seconds. Add the remaining ingredients and blend until no signs of the bay leaf are visible, about 20 to 30 seconds.

Use as a rub for meat, poultry, or seafood before sautéing, roasting or grilling, or add as a seasoning to rice or dressing to brighten up flavors.

Nutritional analysis per tablespoon:
Calories 18 (24% from fat) • carb. 4g • pro. 1g • fat 1g • sat. fat 0g • chol. 0mg • sod. 501mg • calc. 23mg • fiber 1g

DESSERTS/ SWEET SAUCES

COOKIE CRUST PUMPKIN PIE

The traditional holiday favorite is made with a cookie crumb crust for a crunchy change.

Makes 12 servings

Crust:

2/3 cup pecan halves
45 vanilla wafers (may use reduced fat)
1/3 cup unsalted butter, melted

Pumpkin Filling:

2 large eggs
1/2 cup brown sugar
1 can (12 ounces) evaporated fat free milk
1 can (15-16 ounces, 1½ cups) solid pack pumpkin (not pie filling)
1 tablespoon cornstarch
1/4 cup molasses
1 tablespoon vanilla extract
1 teaspoon cinnamon
1 teaspoon ginger
1/4 teaspoon freshly grated nutmeg

Preheat the oven to 375°F.

Place the pecans in the blender jar; cover the blender jar. Set on Low and Pulse 8 to 10 times to chop finely. Remove and transfer to a 10" deep-dish pie plate. Place 15 cookies in the blender jar; cover the blender jar. Set on High and Pulse 5 times to chop the cookies, then blend for 10 seconds to pulverize; add the cookie crumbs to the nuts in the pie plate and repeat with the remaining cookies. Stir the nuts and cookies with a fork to blend; add the melted butter and stir to combine. Press the cookie/nut mixture evenly onto the sides and bottom of the pie plate. Bake in the preheated 375°F oven for 5 minutes. Remove and let cool on a rack while continuing. Lower the oven temperature to 350°F.

Place the eggs and remaining ingredients in the blender jar in the order listed; cover the blender jar. Set on Low and blend until smooth, about 10 to 15 seconds. Pour the pumpkin mixture into the prepared cookie crust. Bake in the preheated 350°F oven for 55 to 60 minutes. Center of the pie may appear slightly jiggly – it will continue to set as the pie cools. Place the pie on a rack and cool completely before serving. Refrigerate after completely cool.

Nutritional information per serving:
Calories 252 (41% from fat) • carb. 33g • pro. 5g • fat 12g • sat. fat 4g • chol. 42mg • sod. 117mg • calc. 129mg • fiber 2g

CLASSIC CHERRY CLAFOUTIS

This traditional country French dessert can be made with cherries, plums, peaches, pears or any other berry. We have added finely ground almonds or hazelnuts for that certain "je ne sais quoi".

Preparation: less than 5 minutes, plus baking time.

Makes 8 servings

2 teaspoons unsalted butter, melted

1/4 cup + 4 teaspoons granulated sugar, divided

1 ounce almonds or hazelnuts (toasted gives best flavor)

3/4 cup evaporated fat free milk (not reconstituted)

1/4 cup heavy cream

3 large eggs

1 tablespoon vanilla extract

1 tablespoon brandy or amaretto

1/8 teaspoon salt

1/2 cup all-purpose flour

1/4 teaspoon ground cinnamon

12 ounces pitted cherries (thawed if using frozen)

Arrange the rack in the middle of the oven. Preheat oven to 325°F. Brush a six-cup oval baker or gratin dish with the melted butter. Dust with 2 teaspoons of the granulated sugar. Place 1/4-cup of the sugar and the nuts in blender jar; cover blender jar. Set on Low and pulse 10 to 15 times to chop the nuts. Add the evaporated milk, cream, eggs, vanilla, brandy, salt, flour, and cinnamon. Blend for 10 seconds. Mixture will be smooth and creamy – do not overblend.

Arrange the cherries in the bottom of the prepared baking dish. Carefully pour the batter over the cherries. Place in the preheated oven and bake for 35 minutes. After 35 minutes, sprinkle evenly with the remaining 2 teaspoons of sugar. Continue to bake for an additional 15 to 20 minutes, until the Clafoutis is puffed and golden brown. Remove from the oven and cool for 10 minutes before serving. Serve with sweetened whipped cream.

Nutritional information per serving:
Calories 211 (40% from fat) • carb. 23g • pro. 8g • fat 10g • sat. fat 3g • chol. 92mg • sod. 113mg • calc. 158mg • fiber 1g

QUICK BERRY SAUCE

Serve with ice cream or cheesecake.

Makes about 2 cups

12 ounces fresh or frozen, thawed strawberries or raspberries

1/2 cup red berry preserves

1 tablespoon sugar

1 tablespoon fresh lemon juice

Place all ingredients in blender jar; cover blender jar. Set on High. Blend until smooth and completely puréed, 20 to 30 seconds.

Strain mixture through a fine sieve to remove seeds; discard seeds. Store in an airtight container in refrigerator. Serve with desserts, pancakes or waffles.

Nutritional information per serving (based on 8 servings):
Calories 128 (0% from fat) • carb. 33g • pro. 1g • fat 0g • sat. fat 0g • chol. 0mg • sod. 5mg • calc. 14mg • fiber 2g

CHOCOLATE SAUCE

Change the Vanilla to Mint for Mint Chocolate sauce.

Makes 1-1/4 cups / 20 tablespoons

4 ounces good quality bittersweet or semi-sweet chocolate, broken into 1/2" pieces

4 ounces good quality milk chocolate, broken into 1/2" pieces

2 tablespoons sugar

1/2 cup fat-free milk, heated until just bubbling around the edges

1½ teaspoons vanilla

Place the chocolates in the blender jar; cover blender jar. Set on Low. Pulse to chop the chocolates, 10 to 15 times. Add the sugar; process to chop, 20 seconds. With the blender running, remove the measured pour cup. Pour the hot milk slowly and carefully through the pour spout and blend, until the chocolate is melted and smooth, 1 minute. Add the vanilla; blend to combine, 10 seconds. Serve warm or let cool; place in an airtight container and refrigerate. Reheat before serving.

Nutritional information per serving (1 tablespoon):
Calories 65 (50% from fat) • carb. 8g • pro. 1g • fat 4g • sat. fat 2g • chol. 1g • sod. 3mg • calc. 11mg • fiber 0g

LIMITED THREE-YEAR WARRANTY

This warranty supersedes all previous warranties on Cuisinart® SmartPower Premier™ 600-Watt Blenders. This warranty is available to consumers only. You are a consumer if you own a Cuisinart® SmartPower Premier™ 600-Watt Blender that was purchased at retail for personal, family, or household use. Except as otherwise required under applicable state law, this warranty is not available to retailers or other commercial purchasers or owners. We warrant that your Cuisinart® SmartPower Premier™ 600-Watt Blender will be free of defects in material or workmanship under normal home use for three years from the date of original purchase. We suggest that you complete and return the enclosed product registration card promptly to facilitate verification of the date of original purchase. However, return of the product registration card does not eliminate the need for the consumer to maintain the original proof of purchase in order to obtain the warranty benefits. In the event that you do not have proof of purchase date, the purchase date for purposes of this warranty will be the date of manufacture.

If your blender should prove to be defective within the warranty period, we will repair it (or, if we think it necessary, replace it) without charge to you. To obtain warranty service, please call our Consumer Service Center toll-free at 1-800-726-0190 or write to:

Cuisinart (C.U.R.E)
150 Milford Road
East Windsor, NJ 08520

To facilitate the speed and accuracy of your return, please enclose $10.00 for shipping and handling of the product. Please also be sure to include a return address, daytime phone number, description of the product defect, product serial number (stamped on bottom of product base), and any other information pertinent to the product's return. Please pay by check or money order. (California residents need only supply proof of purchase and should call 1-800-726-0190 for shipping instructions).

NOTE: For added protection and secure handling of any Cuisinart® product that is being returned, we recommend you use a traceable, insured delivery service. Cuisinart cannot be held responsible for in-transit damage or for packages that are not delivered to us. Lost and/or damaged products are not covered under warranty.

Your Cuisinart® SmartPower Premier™ 600-Watt Blender has been manufactured to strict specifications and has been designed for use with the Cuisinart® SmartPower Premier™ 600-Watt Blender accessories and replacement parts. These warranties expressly exclude any defects or damages caused by accessories, replacement parts, or repair service other than those that have been authorized by Cuisinart. These warranties do not cover any damage caused by accident, misuse, shipment, or other than ordinary household use. These warranties exclude all incidental or consequential damages. Some states do not allow the exclusion of or limitation of incidental or consequential damages, so the foregoing limitation may not apply to you.

CALIFORNIA RESIDENTS ONLY

California law provides that for In-Warranty Service, California residents have the option of returning a nonconforming product (A) to the store where it was purchased or (B) to another retail store which sells Cuisinart® products of the same type. The retail store shall then, according to its preferences, either repair the product, refer the consumer to an independent repair facility, replace the product, or refund the purchase price less the amount directly attributable to the consumer's prior usage of the product. If either of the above two options does not result in the appropriate relief to the consumer, the consumer may then take the product to an independent repair facility if service or repair can be economically accomplished.* Cuisinart and not the consumer will be responsible for the reasonable cost of such service, repair, replacement, or refund for nonconforming products under warranty. California residents may also, at their preference, return nonconforming products directly to Cuisinart for repair or, if necessary, replacement by calling our Consumer Service Center toll-free at 1-800-726-0190. Cuisinart will be responsible for the cost of the repair, replacement, and shipping and handling for such nonconforming products under warranty.

BEFORE RETURNING YOUR CUISINART PRODUCT

If you are experiencing problems with your Cuisinart® product, we suggest that you call our Consumer Service Center at 1-800-726-0190 before returning the product for servicing. Often, our Consumer Service Representatives can help solve the problem without having the product serviced. If servicing is needed, a Representative can confirm whether the product is under warranty and direct you to the nearest service location.

*** Important:** If the nonconforming product is to be serviced by someone other than Cuisinart's Authorized Service Center, please remind the servicer to call our Consumer Service Center at 1-800-726-0190 to ensure that the problem is properly diagnosed, the product is serviced with the correct parts, and to ensure that the product is still under warranty.

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